



A MINUTE OF HEALTH WITH CDC

Avoiding the Big Surprise

Contraceptive Methods Available to Patients of Office-Based Physicians and Title X Clinics — United States, 2009–2010

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

For many women, finding out they're pregnant is a joyous occasion. However, nearly half of pregnancies in the United States are unintended. For women who want to avoid pregnancy, use of contraceptives is usually the best alternative. Many options are available, ranging from condoms to IUDs to birth-control pills. Women should consult with their partner, as well as their health care provider, to determine the most effective method of contraception for them. Most family planning clinics and some doctor's offices have a variety of contraceptives available on site. Ask a health care provider how to get *your* contraceptive method of choice.

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